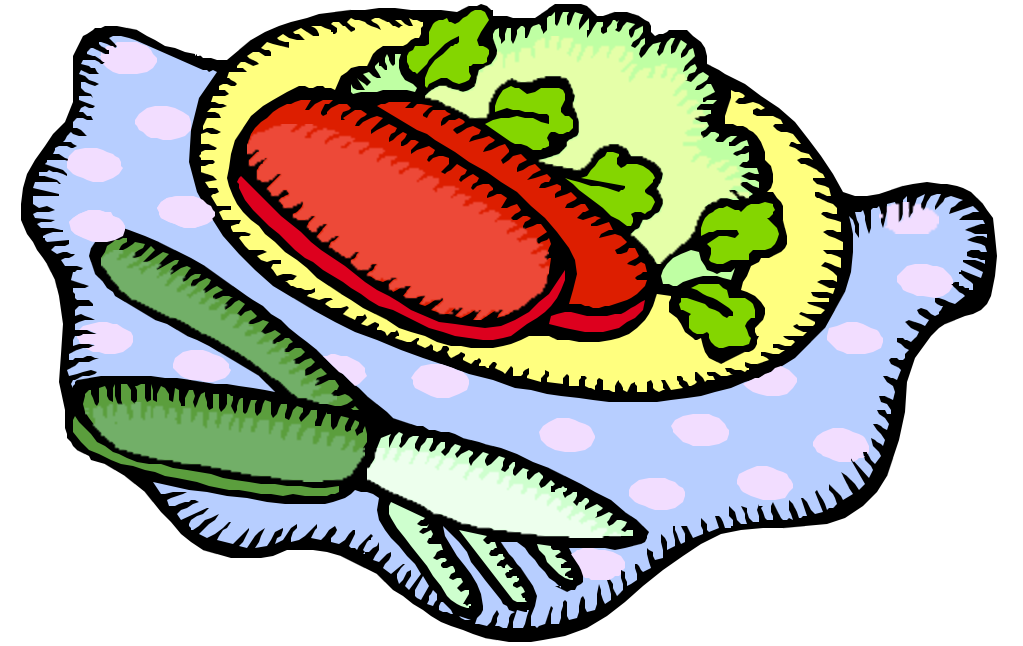

IT'S FAMILY TIME!

How to make family meals fun and relaxed...



- Everything tastes better when you are happy, relaxed and part of a group. Young children enjoy eating in a happy, relaxed group, too.
- Eat about the same time every day. Sit and talk with your child while you eat.
- Turn off the TV. And don't fuss at your child at mealtime!
- Expect your child to spill. All children spill. Just put a little bit in the cup or glass until your child passes this stage. Keep a towel handy.
- Don't argue with a child who doesn't want to eat!
- Your child may be tired, excited or just not hungry. Have they been snacking too close to mealtime?
- Stay calm! Wait until the next regular meal or snack time to give food. Children will eat when they get hungry enough.

